



HINDU CENTER OF ATLANTA

2010 Kelly Mill Road, Cumming, GA 30050

Chanting of Mahaamrityunjay Mantra
Saturday March 28, 2020
9.00 a.m. to 9.00 p.m.

॥ ओ३म् ॥
त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय माऽमृतात् ।

Om
trayambakam yajaamahe sugandhim pushtivardhanam ।
Urvaarukmiva bandhanaan-mrityor-muksheeya maa'mritaat ।

Guidelines for mantra chanting:

1. Start with some deep breathing exercises (deep long inhale & exhale), keeping our focus on the air moving in & out of our nostrils.
2. Chanting of OM (long pronunciation O...M, time dwelt on 'O' is thrice (x3) that on 'M')
3. Chanting of Mahaamrityunjay Mantra

Om trayambakam yajaamahe sugandhim pushtivardhanam ।
Urvaarukmiva bandhanaan-mrityor-muksheeya maa'mritaat ।

4. Keep a slow pace, focus on the sound and vibrations during the pronunciation
5. End with 3 times deep inhale & OM chanting while exhaling

Acharya Bramdeo
770-666-3435

Please see next page for meaning of full mantra



HINDU CENTER OF ATLANTA

2010 Kelly Mill Road, Cumming, GA 30050

Chanting of Mahaamrityunjay Mantra
Saturday March 28, 2020
9.00 a.m. to 9.00 p.m.

Meaning of Mantra

॥ ओ३म् ॥

त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ।
त्र्यम्बकं यजामहे सुगन्धिं पतिवेदनम् । उर्वारुकमिव बन्धनादितो मुक्षीय मामुतः ॥

Om trayambakam yajaamahe sugandhim pushtivardhanam /
Urvaarukmiva bandhanaan-mrityor-muksheeya maa'mritaata /
Trayambakam yajaamahe sugandhim pativedanam |
urvaarukmiva bandhanaadito muksheeya maamutah | |

(YajurVeda 3.60)

The fragrant (*sugandhim*) ripe melon (*urvaarukmiva*) falls off its creeper to fullness and freedom (*bandhanaata*). Likewise, we (souls) aspire to leave (*muksheeya*) the physical body and be in a state of freedom from the cycle of birth and death and in the eternal bliss of Eeshvar (*amritah*). And, in the event of a next birth we shall never fail (*maa*) to really comply with dharma, virtuous living and enjoy a peaceful and prosperous life.

The ever-spreading fragrance (*sugandhim*) of Eeshvar's grace (*pushtivardhanam*) across the whole universe can be sensed when we abide to the laws of the Creation. We need to meditate upon Him, i.e. fully and faithfully surrender ourselves (*yajaamahe*) to Eeshvar (God), the eternal Supreme All-Just Ruler (*trayambakam*) and All-Protector of the Universe (*pativedanam*).

The first part of the mantra (in italics) "*Om trayambakam ...mrityormuksheeya maa'mritaata*", commonly known as the Mahaamrityunjay mantra, is believed to wipe out our evil deeds, thus guarantee a safe landing in moksha, mukti. A close study of the second part reveals that T&Cs apply: *always follow Eeshvar's guidance, steer clear from evil, and be good in thoughts, words and deeds*. Any failure or flaw to conform to the T & Cs brings about rebirth.

Acharya Bramdeo
770-666-3435